

# TEACHER TRAINING WITH JACQUELENE SADEK

AT BODYTREE STUDIO  
50 HOUR KUNDALINI | OCTOBER 2019



**"Travel light, Live light, Spread the light, BE the light"** – Yogi Bhajan  
Kundalini is a Sanskrit term that literally means "the coil in the hair of my beloved." It represents the primal force that lies "coiled" at the base of the spine. Referred to as the Yoga of Awareness for thousands of years; Yogi Bhajan, the catalyst in bringing Kundalini Yoga to the west in 1968, guided yogis in a sadhana (daily practice for one's specific needs). In his dedication to "create teachers and not gather disciples" he stimulated the Kundalini energy to restore vitality, strengthen the systems of the body and encourage the practitioner to live their highest potential.

This 50 hour training will guide you through a journey into the heart of Kundalini Yoga and Meditation. You will learn the components of this ancient science and technology; deepen your own understanding of the lineage and discover the joys of sadhana and living a yogic lifestyle. In this training you will be offered the following tools:

- Learn the science of Kundalini energy and the matrix of the golden chain
- Philosophy and roots of Kundalini
- Pranayama – kriyas, mantras, meditations and mudras
- Develop a personal sadhana
- The ten bodies
- Eight chakras and glands
- Five pranas
- Seven tattvas
- Five sutras

**Price: 3,640 AED**

**Early Bird: 10% off if paid in full by 22nd September**

Prior registration and payment are recommended to secure your space.

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Price includes 5% VAT

## COURSE BREAKDOWN

Attendance at Bodytree Studio, Abu Dhabi

### 50 hours

50 hours include class attendance, self study, physical practice and exam.

A manual will be provided.

## BODYTREE COURSE DATES

### Tuesdays & Wednesdays

October 8th – 16th

**Time:** 9am – 5pm

## ELIGIBILITY

This 50 hour Training is available to students and teachers including anyone wishing to complete CPD (Continuing Professional Development) points as a requirement for ongoing Teacher Training purposes.

## ABOUT JACQUELENE

Jacqueline Sadek (500ERYT) is a senior Yoga teacher at Bodytree. She trained with a traditional Indian Hatha Yoga teacher, Shanti Gowans from The Meditation Institute from 1998–2001. She then undertook further international training with Samadhi Yoga, Simon Low (Yoga Academy UK) and Kathryn McCusker in Hatha, Yin and Kundalini Yoga.

